

Variable	Mean	SD	Min	Max
Age	38.5	12.5	18	65
Gender	0.5	0.5	0	1
Marital Status	0.5	0.5	0	1
Education	12.5	2.5	9	16
Income	3500	1500	1000	8000
Health Status	0.5	0.5	0	1
Exercise Frequency	2.5	1.5	0	5
Stress Level	4.5	1.5	1	7
Sleep Quality	3.5	1.5	1	6
Dietary Habits	2.5	1.5	0	5
Work-Life Balance	3.5	1.5	1	6
Family Support	4.5	1.5	1	7
Community Involvement	2.5	1.5	0	5
Personal Growth	3.5	1.5	1	6
Life Satisfaction	5.5	1.5	3	7
Overall Well-being	4.5	1.5	2	7

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